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Representative Mark Ericks
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EMERGENCY READINESS GUIDE

Are you prepared?

Dear Friends and Neighbors:

The devastation of Hurricanes Katrina and Rita on our nation's Gulf Coast gives us an opportunity to review the readiness of our state and communities.

The chance of a hurricane or a tornado hitting the Northwest is slim, but with over thirty years in the law enforcement profession -including 12 years as police chief- responding to all types of emergencies, I know we have our own set of threats here. This is earthquake country and geologists keep saying we need to brace ourselves for the "Big One"; you know that a big quake in the ocean can produce a Tsunami –and we saw what that was like in Southeast Asia last winter. To top it off we have beautiful but dangerously active volcanoes, and we're also vulnerable to wildfires and floods.

The state must make sure emergency plans are in place to avoid a second emergency in the aftermath of a natural disaster. I will make sure the Legislature reviews those plans and ensures Washington State's readiness.

I also want to encourage everyone to prepare for a disaster, and this guide gives some tips and ideas.

Please feel free to call or write to help me represent you better. I look forward to hearing from you.

Sincerely,

Mark Ericks
State Representative, 1st District



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Please
place
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here

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Suggested Emergency Kit Checklist

- | | |
|--|---|
| <input type="checkbox"/> Water: 1 gallon per person per day, plus a water filtering device | <input type="checkbox"/> First Aid kit, including at least a three-day supply of prescription drugs, and first aid handbook |
| <input type="checkbox"/> Food: non-perishable canned goods, can opener, granola bars, protein bars, "comfort" foods like cookies or hard candy | <input type="checkbox"/> Entertainment items like a deck of cards, a book, small dolls or toys for your kids |
| <input type="checkbox"/> Toilet paper or paper towels | <input type="checkbox"/> Duct tape and plastic if you need to shelter-in-place |
| <input type="checkbox"/> Portable radio or Tone Alert weather radio | <input type="checkbox"/> Cash |
| <input type="checkbox"/> Two-way portable radios (walkie-talkies) | |
| <input type="checkbox"/> Extra set of clothes with sturdy shoes | |
| <input type="checkbox"/> Inexpensive "space" blankets and light-weight rain gear | |
| <input type="checkbox"/> Flashlight with extra batteries or light stick | |
| <input type="checkbox"/> Waterproof matches, a couple of gel chafing fuel cans, such as "Sterno", and candles | |
| <input type="checkbox"/> Multi-purpose pocket knife | |
| <input type="checkbox"/> Whistle | |

Put together small versions for the office, school and car.

Remember, emergency supply kits should be designed to fit your needs.

Do you have any ideas or comments on these or other issues? Your participation is vital to the legislative process, help me serve you better: share your thoughts. Just cut this section, and use this card to send me a note.

Name and contact info: (optional)

Sign up for e-memo? Yes ☐ No ☐

If Yes, please provide your e-mail:

Exploring the Disasters

Tsunamis in Asia, hurricanes in our Gulf Coast, floods and mudslides in Central America, and a killer earthquake just recently in the Middle East. . . With all these disasters happening around the world, we all wonder if we're safe here in Washington. The truth is we are at risk:

- Scientists have been warning us for years: if we're struck by an 8 magnitude earthquake, or less depending on location and depth, major bridges like the Alaska Way Viaduct and the 520 Bridge would collapse, smaller structures, homes, and commercial buildings are also at risk;
- A tsunami would devastate our coastline and threaten the entire Puget Sound, which could act like a funnel;
- Hot mudflows from Mt. Rainier could cover valleys with 30 feet of mud where cities stand today;



West Chalmette, New Orleans, LA, 9-16-05 — The New Orleans flood waters. MARVIN NAUMAN/ FEMA photo

What we can do

Experts tell us we can't expect the federal government to send help for at least 36 hours or longer depending on the location and nature of the disaster.

I believe Washington state needs to take action so we can protect our families and neighbors when a natural disaster strikes. That means making sure state agencies, counties and cities are working together. It means giving local police and firefighters the information and resources they need so we're all going off the same playbook.

I'll work with other lawmakers to make sure our state has a plan that brings everybody together to protect us during a disaster.

Preparing your family for a disaster

Chances are that after a major disaster, so many people will be affected that your family won't get immediate help. You will have to rely on family members, friends, and neighbors during the first few days following a disaster, so it's smart for every family to have a plan:



- Choose a safe place to rendezvous: decide where and when to reunite your family when a disaster happens.
- Having the ability to communicate is critical. With phone lines down or overloaded, find alternative ways of communicating: choose a person outside the immediate area to contact if family members are separated. Long distance phone service will probably be restored sooner than local service. Do not use the phone immediately following a disaster. Some cell phone batteries won't last for days without recharging — keep a spare charged and on-hand. Include a pair of inexpensive two-way portable radios in your emergency kit;
- Make sure all family members know about your disaster plan. Also, relay this information to babysitters or others who might be in your home.
- Know the policies of the school and daycare your children attend. Make sure your child's emergency release card is up to date. Designate others to pick up your children should you be unable to pick them up.
- If you have a family member or guest who does not speak English, prepare an emergency card written in English with that person's name, address and any special needs such as medication or allergies, and make sure she/he carries it at all times.
- Have at least a three-day supply of food, water, clothes, medical supplies and other necessary equipment for everyone in your family. (See the "Suggested Emergency Kit Checklist" included in this guide.)
- Keep some cash in your emergency kit. If the power is out, ATM machines will not operate.
- Keep an extra pair of eyeglasses, house keys and car keys on hand.

Home Safety

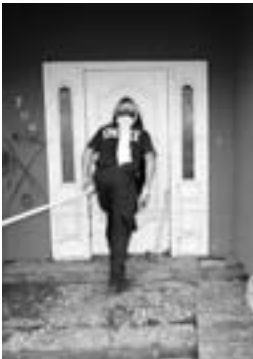
- Locate shutoff valves for water, gas, and electricity. Learn how to shut off the valves before an earthquake or other disaster.
- Conduct earthquake and fire drills once every six months.
- Identify "safe spots" in each room.
- Establish all the possible ways to exit your home. Keep all exits clear of debris.
- Know the locations of the nearest hospital, as well as fire and police stations.
- A note of caution: some people are tempted to store quantities of gasoline. Improperly stored gasoline can be a bigger threat than the possibility of a natural disaster! One cup of gasoline has the explosive power of dynamite. Be sure that gasoline is kept in an approved container and properly stored. Check with your local fire department or fire marshal for information on fuel storage.

Vital Information

- Make copies of your vital records and store them in a safe deposit box in another city or state. Make sure your originals are stored safely.
- Take photos and videotapes of your home and your valuables. Make copies and place them in a safe deposit box in another city or state.
- Enter emergency phone numbers into your cell phone.

Resources:

- Washington State Military Department, Emergency Management Division: www.emd.wa.gov
- Federal Emergency Management Agency: www.fema.gov
- American Red Cross: www.redcross.org
- Snohomish County Department of Emergency Management: (425) 423-7635, http://www1.co.snohomish.wa.us/agencies/Emergency_Management/
- King County Office of Emergency Management: (206) 296-3830
Toll Free: 1-800-523-5044, <http://www.metrokc.gov/prepare/default.apx>



Chalmette, New Orleans, LA, 9-17-05 — Urban Search and Rescue search homes for survivors from Hurricane Katrina. BOB MCMILLAN/FEMA photo